

# Roasted Garlic Beans with Parmensan Cheese



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Yield: 6 Servings

Prep Time: 10 minutes

Total Time: 30 minutes

This recipe is so easy to make and an incredible side dish ready to be served with anything. Toss together this simple side dish or enjoy as a tasty snack!

## Ingredients:

- 1 package Euro Beans, washed and pat dry
- 2 tablespoons olive oil
- 1 teaspoon salt
- 3/4 teaspoon freshly ground black pepper
- 6 garlic cloves finely chopped
- 2 tablespoons fresh fresh chopped parsley
- 1/4 cup parmesan cheese

## Directions:

1. Preheat the oven to 220°C (425°F).
2. Lightly spray a baking sheet with oil or line with parchment paper
3. Arrange the beans in one layer on a baking sheet. Drizzle with oil and season with salt, pepper, garlic and parmesan. Toss beans to evenly coat.
4. Roast in the oven for 20-25 minutes, tossing halfway through cooking time, until fork tender.
5. Remove from the oven, season with extra salt and pepper to taste.
6. Garnish with parsley and serve.

## Cooking Tips:

This recipe is extremely versatile. If you prefer a spicy flavour add a dash chili or curry powder.

**Euro Bean**  
• THE GOURMET SLICING BEAN •

### Nutrition Facts:

Serving Size: 6, Calories 83, Total Fat 6g (8% Daily Value), Saturated Fat 1.5g (7% Daily Value), Cholesterol 4mg (1% Daily Value), Sodium 439mg (19% Daily Value), Potassium 105mg (2% Daily Value), Carbohydrate 5.9g (2% Daily Value), Dietary Fiber 2g (7% Daily Value), Sugars 0.9g, Protein 3g, Calcium 81mg (6% Daily View), Iron 1mg (3% Daily Value)

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